



Staying Connected during COVID-19 – Tips for Adults

Relationships are *always* a crucial component of our well-being. This is particularly true during the time of COVID-19 and social distancing. The following are ideas for nurturing your personal and professional relationships during this time.

Keep it simple:

- Make a phone call
- Send an email
- Send a letter or card
- Take a walk together
- Have porch/yard parties

Get techy:

- Video chats – try making them themed for extra spin; popular platforms include [Zoom](#), [FaceTime](#), and [Google Duo](#)
- Virtual dinner – make the same dish and enjoy it together over video chat
- Virtual book club – choose a book to read together and pick a date to discuss it over video chat
- Online spiritual communities – join an online discussion or worship session hosted by others in your spiritual community
- Free online courses – choose a free online course that interests you both and take it together; popular platforms include [edX](#), [Coursera](#), [Khan Academy](#), [Udemy](#), and [Udacity](#)

Enjoy media together:

- Virtual games – [Nintendo Switch](#), [JackBox](#), [pogo](#), [UNO! app](#), [Gamepigeon](#), [jigsawpuzzles.io](#)
- Virtual TV/movie watching – [Netflix Party](#), [Rave](#), [Disney Plus Party](#), [AirTime](#)
- Virtual concerts – [Stagelt](#), [LiveNation](#), [Facebook Live](#)
- Virtual museum tours – see [this comprehensive list](#)



Staying Connected during COVID-19 – Tips for Teachers

During the time of social distancing, our students are missing the community that they had at school. As educators, we must prioritize relationships in the virtual space, remembering that these are the foundation for any academic learning as well as for mental wellness. The following are ideas for nurturing relationships with and among students during this time.

General tips:

- Reach out to students individually - [Google Duo](#), [Zoom](#), [FaceTime](#), [Google Forms](#), [Microsoft Forms](#), [ClassDojo](#), [Edsby](#)
- Hold regular class discussions around how students are feeling and coping
- Hold virtual office hours
- Send videos of yourself giving encouraging messages to the whole class
- Consider what community practices your students are used to; adapt them for virtual use (e.g., circle time, advisory groups, birthdays, etc.)

Embrace group learning:

- Create a class journal, blog, website, etc. with daily prompts; have students respond to each other
- Use online discussion threads and collaboration platforms – popular platforms include [Padlet](#) and [Google Classroom](#)
- Create opportunities for students to work virtually in pairs/groups
- Pair students with peers beyond their main social circle; change the groups regularly

Give letter-writing assignments:

- Write and mail a letter to a friend in the class
- Write and mail a letter to a living hero
- Write and mail a letter to thank a health care worker, food service worker, postal worker, etc.
- Write and mail a letter to someone who is alone right now

Have fun:

- Attend an appropriate virtual/live-streamed event as a class
- Tour a museum as a class – see [this comprehensive list](#)
- Play free online games – [pogo](#), [UNO! app](#), [Gamepigeon](#), [jigsawpuzzles.io](#)